

Encouraged by the love of my HIV-negative partner, I started HIV treatment 27 years ago. I've seen first hand the dramatic advancement of HIV care. When I first started treatment, I had to take 30 pills a day. Now, I just take 3 pills a day with few side effects. Initially, I started treatment to protect my partner from getting HIV. Now, I know that being healthy, taking my medication, exercising, and eating well are the reasons I have a full and productive life today.







Get in care. Stay in care. Live well. cdc.gov/HIVTreatmentWorks